

# July 2016

## HEALTH PROMOTION CALENDAR

For more information call 808-471-2280



### CLASS DESCRIPTIONS:

#### Nutrition 101:

JBPHH Gym- Classroom 2

This class is for patients who are seeking basic nutrition and exercise information.

\*This class is a pre requisite for the RMR test.\* For more info call 471-2280

#### Resting Metabolic Rate Test:

Find out how many calories you can burn while at rest. \*Patients must attend Nutrition 101 prior to scheduling.\*

#### Tobacco Cessation:

Contact Eleanor Bru @ 474-4242 ext. 4507

#### Recreation Therapy:

Includes aqua therapy, access surf, recreation therapy hikes, equine therapy and several therapeutic activities. Contact Tiffanee Rogers @ 864-4711 (Appointments from providers required)


Access Surf @ White Plains Beach Park. July 20th 1000-1300

#### "Dietitians Kitchen"

Join Navy Health Promotion & Kaiser Permanente for a commissary walk-through and recipe demonstration. June 17th 1000-1300

#### Family Fun Run & Farmers Market

FREE 2-Mile fun walk/run on July 15th 2016. Starts at 0700 (check in from 0615-0645) Pearl Harbor

MON	TUE	WED	THU	FRI	SAT
				1 SHIPSHAPE 0530-0700  RT: 0900-1300  NHCH STAFF ONLY FUN RUN QUICK FIELD 1100-1200	2
	5 NUTRITION 101 1000-1100 Tobacco Cessation (KBAY) 1000-1100 RT: 1200-1300	6 Tobacco Cessation JBPHH Gym Classroom 2 1000-1100	7 RT: 1200-1300	8 SHIPSHAPE 0530-0700  RT: 0900-1300	9
11	12 Tobacco Cessation (KBAY) 1000-1100 RT: 1200-1300	13 Tobacco Cessation JBPHH Gym Classroom 2 1000-1100	14 "DIETITIANS KITCHEN" (PEARL HARBOR COMMISSARY) 1000-1300  RT: 1200-1300	15 SHIPSHAPE 0530-0700  FAMILY FUN RUN & FARMERS MARKET 0700-0900  RT: 0900-1300	16
18	19 NUTRITION 101 1300-1400 Tobacco Cessation (KBAY) 1000-1100 RT: 1200-1300	20 Tobacco Cessation JBPHH Gym Classroom 2 1000-1100 Access Surf (White Plains Beach) 1000-1300	21 RT: 1200-1300	22 SHIPSHAPE 0530-0700  RT: 0900-1300	23
25	26 Tobacco Cessation (KBAY) 1000-1100 RT: 1200-1300	27 Tobacco Cessation JBPHH Gym Classroom 2 1000-1100	28 RT: 1200-1300	29 SHIPSHAPE 0530-0700  RT: 0900-1300	30